

FAMILY LIFE

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Edited by Paul Popenoe

SCHOOLS CAN PROMOTE GOOD MARRIAGES

Public opinion in Los Angeles county favors a 12-month interlocutory decree of divorce as at present, according to a survey made by adult students at University College, U.S.C.

California is one of eight or ten states which delay the final decree for a year after a preliminary divorce is granted. It is not easy to fix the exact number of states, because some make a year's delay apply to one sex but not the other, while some states force a year's delay when divorce is granted for adultery, but a shorter period for other causes.

Every session of the California legislature sees the introduction of bills to do away with this provision and grant a final divorce immediately, or else to reduce the waiting period to three months.

Students reported the views of 800 acquaintances, presumably representing an educated middle-class group for the most part. Of the men, a definite majority favor keeping the full year of delay, the vote being 183 or 56% for it and 145 for a three-month period. The vote of the women was more decided, 320 or 70% favoring a year's delay and only 152 expressing support for a three-month period.

Both friends and enemies of the present law agreed that the shorter period is being urged mainly by lawyers, who want more business and who hope to keep California couples from going to Nevada to destroy their unions; but this was not considered a weighty argument by either side.

Those favoring the shorter period urged the desirability of a clean-cut separation, instead of a year's delay, during which the woman in the case is "neither maid, wife, nor widow." They claimed nothing was gained by long delay.

Supporters of the present law claimed it gave better protection to women and children, helped make divorce less likely, and discouraged hasty and unwise remarriages.



Nurse cadets have somewhat more masculine interests than do college women in general; and they are also more stable and unemotional, reports Orpha M. Lough. (*Journal of Applied Psychology*, Aug., 1947.) It would be interesting to learn whether these facts are associated in any way with the low marriage rate which nurses generally show.

FAMILY LIFE

Monthly service bulletin of the
AMERICAN INSTITUTE OF
FAMILY RELATIONS

5287 Sunset Blvd., Los Angeles 27, Calif.
Price \$1 a year, 10c a copy.

NOTES FROM THE AIFR

"Constructive Discipline," popular pamphlet by Mrs. Alma H. Jones, extension specialist in child development and family life education at Iowa State College, has just been published in a revised edition as No. 215 of the AIFR pamphlet series. This 20-page pamphlet with its practical help for parents can be obtained for 15c from the AIFR office.

**EDUCATIONAL NOTES**

The Journal of Pastoral Care is a new periodical of which the first issue appeared in September. It is sent to members (minimum annual subscription \$3) of the Institute of Pastoral Care, Massachusetts General Hospital, Boston 14, Mass., the editor being Rev. Rollin J. Fairbanks. It contains valuable material for anyone interested in personal counseling.

Boston now has a Pastoral Counseling Center at 138 Tremont St., under direction of Rev. Henry H. Wiesbauer. It will furnish opportunities for training, as well as help to individuals in need.

Teacher training institutions should adopt adequate means to insure that teachers acquire a wholesome attitude toward sex and have a sound understanding of the nature, purposes, and functions of family living—recommendation of the Ohio Extended Health Education Conference.

May 6-8, 1948, is the date now set for the National Conference on Family

Life, which will convene at the White House, Washington, D. C. Chairman of the directors of the conference is Eric Johnson of the Motion Picture Association of America, while Boris Shishkin of the A. F. of L. is vice-chairman. The conference will attempt to bring to a focus as many as possible of the influences that are concerned with better family life—educational, health, legal, social service, youth, business and labor organizations.

**INEXPENSIVE PAMPHLETS**

HOW TO PLAN FOR FAMILY HAPPINESS, free from Institute of Life Insurance, 60 E. 42nd St., New York 17, N. Y.

MOTHERS FOR A DAY, the care of children in families other than their own, Pub. No. 318 of the Children's Bureau, pp. 39, price 15c from Supt. of Documents, Government Printing Office, Washington 25, D. C.

A DISCUSSION OF FAMILY BUDGETS: How they're made and how they work. Free from Women's Division, Institute of Life Insurance, 60 E. 42nd St., New York 17, N. Y.

A FAMILY CENTERED CHURCH, by George A. Warmer. Price 10c from National Council on Family Relations, 1126 E. 59th St., Chicago 37, Ill.

SOME FACTORS CONCERNING STERILIZATION, based upon a study in Orange County, North Carolina, by George H. Lawrence. Pp. 6, price 2c from Birthright, Inc., Box 441, Princeton, N. J.



Japan's population is again increasing at the rate of one million a year, following a drop during the war. Several birth control clinics have recently been opened there.

ORGANIZING CLUBS FOR OUR SENIOR CITIZENS

By CHRISTOPHER RUESS

Nine millions of us were over 65 in 1940. By 1980 the figure will be over twenty millions. One-third of us then will be over fifty. How many of these elderly people are lonely, unhappy, feel useless, or "out of circulation"—or all four? How many of them are burdens to resentful families? True, individual maturity and old age counselling can meet these problems retail for a few. But just when will such counselling really serve people by the millions? Could not clubs for elderly citizens in some degree help solve these problems wholesale? And might not the very existence of such clubs make individual counselling easier? We need places to which to send our counselees. Individual problems can't be solved in a vacuum.

In "The Second Forty Years" (1946), Dr. Edward J. Stieglitz, a foremost medical authority, says "It is cruel, as well as stupidly wasteful, that our social system commonly enforces the rule that an individual must retire and cease to carry responsibility just because he has reached a certain chronological age." A share in work that fits would be "good mental hygiene." It would be equivalent to thousands and thousands of hours of counselling. But industry, by refusing to hire those over 35, 40, 50, etc., creates death-in-life for us, exiles us from life. About 7% of those over 65 are independent, 28% are still employed, but about 65% are to a large degree dependent on public or private support, about half and half.

What shall we do about it? First, some firms employ oldsters. If you are an employer, get and read Edsel Ford, "Why We Employ Aged and Handicapped Workers," in Saturday Evening Post, Feb. 6, 1943. Second, some firms just find a product that can be made profitably by employing only elderly men and women. If you are inventive, or are investing, read of one such firm that makes tobacco pipes, in "Old Men Wanted," Magazine Digest, October, 1946. (Copy from 8 West 40th St., N. Y. 18.)

Third, it is possible that someone, maybe psychologist Dr. Walter R. Miles of Yale will yet devise a physical-mental-emotional competence test, so that the question, "How old are you?" will yield to a new one, "How competent are you?" Fourth, laws may be passed out of sheer necessity that any firm employing say 100 or 200 or more must give to those in the 20's, 30's, 40's or 50's their proportionate share of jobs—perhaps half-time jobs if over 60 and yet "competent." If it will, modern personnel management can put "right men in right places," and right women, too. Older workers in some ways excel the younger, and vice versa.

Fifth, even in prisons this psychology applies to hobbies after the day's work. If you run a prison read Don Jennings on "Factory for Forgotten Men," Readers Digest, Sept., 1946. Warden Duffy of San Quentin, Calif., says: "A man feels good when he can make something with his own hands;

better yet if he can sell it." The Warden has a hobby shop for 1000 men. Or, sixth, if you are a social worker, read about "Old Man's Town," in Maine. There are about 200 aged lumbermen, once boarded in private homes in idleness, used to cost the state \$150,000 a year. Because of a social worker with real imagination they now cost only \$48,000 yearly, running their own town, an abandoned CCC Camp. (Carl Doucette, Saturday Evening Post, April 26, 1947, "Where Life Begins at 80.") These old men are no longer either lonely or useless or unhappy. When some youngster of merely 80 complains, another is apt to say, "Partner Bill, who is 116, isn't grouching, why are you?"

But, seventh, what about the oldsters in your own town? Don't they seem to be saying to you: "Money is not enough. Pensions are not enough. WE WANT TO LIVE. You have clubs for boys, for girls, for men, for women, YWCA's, YMCA's, why not something for us over 60? Are we just millions of nobodies?"

Just what would a club for the senior citizen do? It might start off with just singing, getting acquainted, a program, refreshments, some committees formed. But pretty soon some would ask for a painting section, and some competent leader under or over sixty would be sought and be delighted to lead. Gardening, woodworking, modeling, weaving, star study, tree study, poetry, short story writing, etc., would soon want their sections and leaders; maybe a Red Cross Unit would follow. That is how it happens.

Envision the Senior Citizens Centers of tomorrow. A new profession of directors has arisen. There is a place

in each section of the city where hobbies, avocations, pleasures thrive. The director tells inquirers where to find doctors, lawyers, dentists, oculists, counsellors, who really care for elderly people and will serve them at prices within their reach. The center will be also a school extension center, a branch library, etc. Perhaps run by the old for the old to make the old mature, not just old.

How is this done? Just read the Magazine Digest for June, 1947, "Y's for Old Folks." This tells of the William Hodson Community Center in the Bronx, New York City. Not long ago it was "just a bare, grim room in the old, disused Bronx Borough Hall." Required again: a leader with imagination. Now this center publishes its own magazine. "Thanks to Harry Levine," says the article, "white-haired old-age pensioners are trading rheumatism for laughs, rockers for billiard tables, and canes for brand-new careers." In Philadelphia, good old Ben Franklin town, the age clubs already number over 30, more are being formed, just small clubs of not over 50, with no distinction of race, color or creed, and one for each neighborhood, so that members can walk to meetings.

How can you get it done where you live? Some one person must first be on fire with the desire, yet mix wisdom with enthusiasm. He may be on the inside of the directorate, or of those who influence the directors. It may be in the school department, the educational rehabilitation service, the old age security work, or the playgrounds. He may be on the local council of social agencies. In any case, by discreet urging, persistence,

tact, strategy, starting small, by working with others, maybe by giving them the credit and effacing himself, he may get results. In one city \$5000 was appropriated by the Community Chest. A wonderful worker was hired. He was competent, not just someone out of a job. He was resourceful, a good organizer, knew his recreation and crafts work, and he liked older people. In other cases "friends of senior citizens" will bring pressure from without on these agencies, which might really wish to help the senior citizens in this way, but just dare not spend the money till they can prove real public demand and support. ORGANIZE THAT DEMAND AND SUPPORT. Be tactful but determined. Remember that both schools and playgrounds **already have facilities** without raising money for new buildings, etc. Playgrounds also believe in games, art, handicrafts, in music, etc.

Almost any public library will have the magazines referred to above. Many second-hand magazine stores in large cities sell back numbers for a song. Why not get and share the original articles with a group of friends and "start something" where you live?

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RESEARCH NOTES

After 25 years, Dr. Lewis M. Terman of Stanford University has re-surveyed the 1,000 very bright children whom he selected in the California school population in 1921 and whom he has been following ever since. All were above 140 IQ. He finds "they are more apt to be married, and they have a better chance for happy marriage," than the average man or woman. His conclusions are to be published by the Stanford University Press as "The

Gifted Child Grows Up"—the fourth volume that has come out of this study.

Most recent estimate (by sociologist Kingsley Davis) of the number of children under 18 who come from homes broken by divorce is 1,500,000.

Surveying Harvard University graduates of the class of 1931, Dr. Clarence J. Gamble finds that in the first nine years after getting their diplomas they produced only a little more than one-half a child each.

Los Angeles County issued 19,561 marriage licenses and recorded 18,525 marriages in the first six months of 1947. In other words, more than a thousand couples applied for marriage licenses and did not use them. This represents, in large part, hasty, fraudulent, or drunken plans that would not survive a few days' delay. During the same period 15,711 suits were filed for divorce, annulment, or separation. Taking the ratio of these to the number of marriage licenses issued—the customary way of figuring—gives the county a "divorce rate" of 80% for the first half of the year.

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Average family is at its highest income level when the father is between 35 and 54 years old.

With the same incomes, persons with a college education save more money than do those with elementary school education, the Federal Reserve Board reports.

Use of X-ray on sterile women to produce fertility is denounced by Dr. H. J. Muller, Indiana University geneticist and Nobel prize winner. The ovaries are sometimes X-rayed to stimulate them; this may produce harmful mutations among descendants.

NEW BOOKS IN BRIEF REVIEW

MARRIAGE AND THE FAMILY, by Meyer F. Nimkoff, Pp. 767, price \$5 from Houghton Mifflin Co., 2 Park St., Boston, Mass., 1947.

From its appearance in 1934, "The Family," by Dr. Nimkoff, sociologist at Bucknell University, was one of the most popular college texts. It has now been rewritten and expanded, with a new name but the same balance, comprehensiveness, and practical applicability which marked the earlier volume. Many tables and illustrations and more than a hundred charts and pictographs illuminate it.

Like most sociologists, Dr. Nimkoff traces the changes through which the Machine Age has stripped the family of most of its functions and left it dependent largely on affection to hold it together. Although the evidence that this is not at present sufficient foundation for the family is plentiful enough, most sociologists do not see any likelihood of much change in this respect; they feel that the family must continue to try to adjust itself to urbanization, regardless of consequences. Indeed, Dr. Nimkoff asserts that "the small, loosely integrated family centered in the affectional functions seems particularly well adapted to a period of rapid social changes"—a belief which should be evaluated in the light of the present high divorce rate. He admits that this type of family may not be able to produce enough children to replace itself, but suggests that a declining population might be a benefit rather than a disadvantage to most countries.

Since affection is expected to be the main support of family life, Dr. Nim-

koff devotes much space to a helpful discussion of the development of personality and the choice of a mate, then takes up disorganization and reorganization. The book offers an almost inexhaustible wealth of material to any reader.

PROCEEDINGS of the annual Institute on Marriage and Home Adjustment, ed. by Clifford R. Adams. Pp. 138, price \$3 from Extension Service, Pennsylvania State College, State College, Pa., 1947.

Psycho-physiological bases of family life made the theme of the 1946 Conference, proceedings of which have just been published. The papers cover a wide range of topics, with a good deal of emphasis on marriage counseling.

SO YOU WANT TO HELP PEOPLE, by Rudolph M. Wittenberg. Pp. 174, price \$3 from Association Press, 347 Madison Ave., New York 17, N. Y., 1947.

This "mental hygiene primer for group leaders," by a psychiatric social worker, is intended primarily for those dealing with adolescents, but it offers much insight and practical help in dealing with human nature, and would be useful to parents, teachers, and community leaders of all sorts. General principles are abundantly illustrated by cases, and the book gets a high score for readability.

INFLATION IS COMING!, by Ralph Borsodi. Pp. 64, price \$1 from Bayard Lane, Inc., Suffern, N. Y., 1947.

Inflation is not merely coming, says economist Borsodi (apostle of decentralization); it is already here and will soon be a runaway. "Nothing which

can now be done by Washington can stop it"; but families can give themselves some protection to weather the storm. Convert your stocks, bonds, and bank accounts into productive and tangible property, he advises; pay off your debts; establish yourself on a homestead of your own so that you can produce as much as possible of your own food, shelter, clothing, and fuel. As a result of government spending, every family now has wrapped around its neck a concealed mortgage of \$8,000. Only those families can survive the crash that are prepared to function effectively as productive family units.

DEVELOPING YOUR CHILD'S PERSONALITY, by Gelolo McHugh. Pp. 227, price \$2.75 from D. Appleton-Century Co., 35 W. 32nd St., New York 1, N. Y., 1947.

"A child's basic needs are for love and interest from his parents; for stability and security in his home," Dr. McHugh (assistant professor of psychology at Duke University) reminds young parents, and he goes on to discuss ways in which these needs can be met, giving detailed attention to such specific problems as eating and sleeping, toilet training, thumb sucking and sex education.

LIVING TOGETHER IN THE FAMILY, by Mildred Weigley Wood. Pp. 256, price \$2 from American Home Economics Assn., 620 Mills Bldg., Washington 6, D. C., 1946.

In 1934 Dr. Lemo Dennis Rockwood wrote for the American Home Economics Assn. a high school text on "Living Together in the Family" which went through 10 printings, the last one in 1940. Mrs. Wood, supervisor of home economics education in Phoe-

nix, Ariz., has rewritten it to bring it up to date and continue its wide usefulness. The book presents the everyday situations that arise in the family life of adolescents, and interprets them in such a way that young people will be able to apply the principles in their own homes. The volume is interestingly written and highly practical. Apart from its value in the classroom, many parents will be glad to have it for the use of their own adolescent sons and daughters.

SCIENCE DU BONHEUR, by Guy Mathieu. Pp. 326 (small), price f.35 from Imprimerie, 21 Rue Meyerbeer, Nice, France, 1946.

Maxims and aphorisms dealing largely with mental hygiene, particularly in reference to marriage. Eugenic points of view are combined with an orthodox religious outlook.

THE CONTEMPORARY AMERICAN FAMILY, by Ernest R. Groves and Gladys H. Groves. Pp. 838, price \$4.50 from J. B. Lippincott Co., West Washington Square, Philadelphia 5, Pa., 1947.

This posthumous work by the distinguished sociologist and his wife began as a revision of an earlier textbook, "The American Family" (1934), but really represents a new work. The first 165 pages give a historical review, then the psychological and social aspects are taken up in turn, with a final 200 pages on "specialized programs for the conservation of the American Family," and abundant teaching devices and reading lists. "No undertaking in life is so influenced in its later course by the conditions of its start as is marriage," the authors declare, and they attempt to give college students some practical help in meet-

ing their own problems. The book a once takes a place among the standard works of reference in this field.



THE GREEN REVOLUTION

Western civilization, in the opinion of many students, has reached a stage that is not compatible with the survival of the family. Abundant evidence from history shows that when the family goes, civilization itself also goes! Next to the atom bomb, the greatest problem of mankind today is how to maintain permanent and successful family life.

There is but one way to do this, says Willis Nutting in a beautifully printed book, "Reclamation of Independence" (pp. 198, price \$3 from Berliner and Lanigan, publishers, Nevada City, Calif., 1947). This is to regain the American ideal of self-reliance and self-sufficiency by going back to the land.

"Industrialism," says Professor Nutting (of Notre Dame University), "has brought millions of our fellow men into a state of such complete economic dependence on their employers that real liberty has become impossible." In a closely-reasoned argument he insists that this must inevitably lead to collective control of the economic system, which in turn will be followed by a complete regimentation of society. In a large-scale society this regimentation is but a prelude to general disaster.

Since neither the Giant State nor the individual can be a satisfactory foundation for civilization, the alternative is to found it on the family: "We must adopt a way of living in which each family can provide for itself many of its actual necessities, and in

which those necessities which a family can not provide by its own efforts can be produced within the local community, so that in no case will the physical dependence of men upon other men extend beyond their own communities." This means that forward-looking people must set as their goals the possession of homes on land where they can begin to be self-sufficient; and they must begin to combine with their neighbors for their own good. "There is no one so situated that he cannot put part of this program into effect," Professor Nutting asserts.

All this becomes subsistence farming, a term used by city-bred economists with almost unfathomable depths of contempt. Some of them, during the late unlamented Depression, frankly stated that living on a dole in the city was better than subsistence farming, alike physically, mentally, morally, spiritually and financially! Economist Ralph Borsodi outgrew this idea and used himself as a test case for the benefit of science. His classic, "Flight From the City," has just been reissued (pp. 131, price \$2.75 from the School of Living, Suffern, N. Y., 1947). Those not already familiar with the concepts of decentralization should read this account of the experiences of the Borsodi family, along with Nutting's "Reclamation of Independence." The ideas they express are so revolutionary to those educated in the conventional school system that they are too often repudiated on wholly emotional grounds with the shriek, "You can't turn the hands of the clock back!" Since the issues involved are literally issues of life or death for American civilization, they deserve correspondingly serious study. Anyone who

reads such books as those of Nutting and Borsodi with an open mind will at least attain a new perspective on family life.



AROUND THE WORLD

So far the Soviet government has awarded decorations to more than three-quarters of a million mothers for bearing and rearing five or more children each.

Bristol University is the first in England to offer a course in marriage to its undergraduates.

India's difficulties, continually presented in the daily press, are accentuated by a yearly increase of at least five million population. No student of vital statistics believes that the birth rate will decline markedly within the next half century.

Australia, facing a dwindling population within the next few years, is anxiously seeking ways to increase its birth-rate. "No single man should be regarded as nationally equal to a man with a family," says a report of the National Health Medical Research Council, "and a family of four or more children should be adequately compensated"—this being the size of family necessary to maintain the population at its present level. The Council urges that homes be supplied with more labor-saving devices and domestic help, and that economic security and medical assistance be more nearly universal.

Overcrowding in Paris has reached the point, reports the Alliance Nationale Contre la Depopulation, that 85,000 two-child families now occupy a single room each, as do 26,000 families with three children, 6,800 of four children, and 2,300 with from five to ten children.

The Workers' Friend of the Children Society, organized in 1919, is attempting to deal with the two million orphans in Poland. Its 90 branches run 20 nurseries, 68 kindergartens, 6 high schools, 39 clubs, 3 settlement houses for children, 4 children's theaters, 7 canteens, 23 "Homes of the Child," and various medical aid clinics, milk distribution centers, and the like. Of its income of 100,000,000 zlotys last year, about three-fourths was allocated by the government. It reports that the number of births in Poland at present amounts to half the pre-war rate, and that 25% of all babies die before reaching the age of one year.

The Marriage Society is a new enterprise set up at 1 Green St., London W.1, England, by Mayo Wingate, consulting psychologist, and George Whitehouse, anthropologist. It undertakes (for a 10 guinea fee) to help people find life partners who are adapted to marry each other. An inventory of more than 300 questions provides information necessary for matching. Like similar undertakings in the United States, the Marriage Society is at present oversupplied with women candidates and reports a shortage of marriageable men so great as to threaten its continued existence.

A bill to provide marriage bonuses for government employes has been introduced in the Argentine congress. Employes earning less than \$125 a month would receive three months' salary as a bonus; those earning more would receive a lump sum of \$375. When both husband and wife are government employes, the bonus would be doubled. In any case a couple would be obligated to refund half the bonus if they did not produce a child within two years.

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute car-

ries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counselling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

PUBLICATIONS FOR SALE BY

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

5287 SUNSET BOULEVARD -- LOS ANGELES 27, CALIFORNIA

The following pamphlets are written by Dr. Paul Popenoe, unless otherwise noted:

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